

# Caregiver Support Group

Presented by the Alzheimer's Association® - Central & Western Virginia Chapter



## The Center of Belvedere

540 Belvedere Boulevard  
Charlottesville, VA 22901

Third Tuesday Every Month  
9:30 AM - 10:30 AM

Visit [alz.org/grva](http://alz.org/grva) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

In partnership with



## Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

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Central & Western  
Virginia Chapter

1-800-272-3900 | [ALZ.ORG/CWVA](http://ALZ.ORG/CWVA)